

College of San Mateo
Official Course Outline

1. **COURSE ID:** FITN 235.3 **TITLE:** Boot Camp III
Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education
CSU GE:
 CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 A group exercise class that mixes traditional calisthenic and body weight exercises with interval and strength training at an advanced level. Modern fitness techniques such as plyometrics and agility and strength training exercises will be incorporated.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. At an advanced level, improve in one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity.
 2. At an advanced level, demonstrate knowledge of various exercises.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
At an advanced level:
 1. Perform various anaerobic, aerobic, agility, flexibility and multi-functional exercises.
 2. Demonstrate the ability to create an individualized, comprehensive exercise routine.
 3. Understand basic kinesiology and advanced exercise routines.
 4. Critically evaluate and objectively discuss the concepts and importance of cross training as an exercise regimen.

6. **COURSE CONTENT:**
Lab Content:
At an advanced level:
 - I. Introduction
 - a. Review of appropriate and safe use of all equipment and exercises
 - b. Review and demonstration of techniques of all exercises and apparatus, and free mode exercises.
 - c. Review benefits, history, contra-indications and kinesiological principles of exercise.
 - II. Aerobic Exercises
 - a. Running
 - b. Step-ups
 - c. Jump rope
 - d. Rowing
 - III. Anaerobic Exercises
 - a. Dumb-bell lifts
 - b. Crunches
 - c. Push-ups
 - d. Sprints
 - e. Medicine ball drills
 - f. Plyometric exercises
 - IV. Flexibility Exercises
 - a. Multi-joint stretches
 - b. Single joint stretches
 - c. Dynamic stretches

- d. Static stretches
- e. Progressive stretches
- V. Concepts of training
- a. Aerobic vs. anaerobic
- b. Muscle strength vs. endurance
- c. Flexibility
- d. Body composition vs. BMI
- e. Injury prevention
- f. Nutrition
- VI. Concepts of Kinesiology
- a. Muscle action
- b. Neuromuscular function
- c. Physiological adaptation
- d. Fast twitch fiber training

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Discussion
- E. Individualized Instruction
- F. Observation and Demonstration
- G. Other (Specify): Lectures and demonstrations of proper body mechanics, techniques and evaluation of exertion levels at an advanced level. Information pertaining to advanced levels of exercise prescription and maximum heart rate including proper nutrition and weight management strategies.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Final written examination on physiological principles of exercise, nutrition and weight management strategies.

Reading Assignments:

Instructor generated hand outs will be provided as supplemental material.

Other Outside Assignments:

Students are encouraged to engage in outside activity to supplement in-class activity.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Lab Activities
- F. Written examination
- G. Evaluation of advanced level strength and cardiovascular development assessed through a pre and post test. Completion and evaluation of a pre and post general fitness test.

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated handouts.

Origination Date: February 2017
Curriculum Committee Approval Date: April 2017
Effective Term: Fall 2017
Course Originator: Andreas Wolf